Stay Alive Longer

Stop Inviting Hypertension —Slow Down

By LELORD KORDEL

Joe Carter, a big, stocky man, operates a filling station in our neighborhood. Every time I stopped for gas he would be munching something: a fried hamburger, a hot dog, cookies, or a candy bar.

"Better watch your weight, Joe," I warned him when I first noticed his shortness of breath. "Cut down on the fats and starches."

"Sure, sure," Joe said, taking a soft drink out of the machine.

What can you do with a man who doesn't want to be told the truth? Joe didn't have the slightest idea that he had high blood pressure. When he developed an irritating cough because of the congestion in his lungs, he labeled it "a little touch of bronchitis." The veins on his neck stood out. He thought it was because of his coughing.

Then his ankles began to swell. Joe said: "Cops get flat feet. I'm getting swollen ankles. Guess we're on our feet too much—sort of an occupational disease."

When he became bloated he decided he'd better cut down on his beer quota. All these were danger signals, but Joe ignored them. Finally, his vomiting sent him to the hospital, where they told him he had congestive heart failure. I went to see him while he was convalescing.

"What was that you were trying to tell me about diet?" he asked.

"Diet can help you ease the load on your enlarged heart," I told him. "Used as a preventive, diet may, in time, alleviate high blood pressure."

Not Single Disease

According to Dr. Edwin P. Jordan, of Charlottesville, Virginia, "High blood pressure, or hypertension, is not a single disease. It is not a single disease because it may result from several different conditions."

There are several conditions, including atherosclerosis, which produce, or are accompanied by, high blood pressure. In all instances the small arteries of the body become narrow and constricted. The same volume of blood is pumped by the heart through narrower and narrower channels. This makes the pressure correspondingly higher since, to maintain adequate circulation, blood must be expelled from the pumping heart chambers with greater force.

To secure adequate nutrition and oxygen when its pumping job mounts, the heart calls upon its cardiac reserve. If this reserve is used sparingly, the heart can carry on. This is why a hypertensive should always get plenty of rest and proper nutrition. Otherwise, just as a starved man is unable to do a day's work, the blood-starved heart is unable to perform normally.

In some cases of high blood pressure the heart is enlarged to the limit of its coronary blood supply. Then it is no longer an efficient pump. Depletion of the cardiac reserve causes the heart to become fatigued and undernourished, this condition resulting in congestive heart failure.

"High blood pressure is also one of the chief culprits causing strokes," I told Joe, "along with hardening of the arteries. When both are present, the condition is similar to that of the water pipes in your house when they get old and corroded. Even the normal pressure of the water might cause them to burst."

An impending stroke may give you warning signs for several days, or there may be only a scant few minutes' notice before its onslaught. You may experience headache, dizziness, ringing in the ears, numbness of the limbs, and nausea. You may lose consciousness suddenly, often after complaining of a violent headache before collapsing.

Face Waxy-White

Generally the face is flushed although in some cases it is waxy-white. Breathing becomes labored, the lips blowing out and the cheeks flapping with each expiration. Paralysis is definitely evident in a majority of the victims: The pupil of one eye may be more contracted than the other, the face may appear lopsided, the arm and leg on one side may be more rigid or looser than on the other.

Cerebral thrombosis is less dramatic. You may awaken to find an arm, leg, or even an entire side, useless. Or you may experience an unexplained difficulty in speaking.

These things can happen to anyone. They can happen to you.

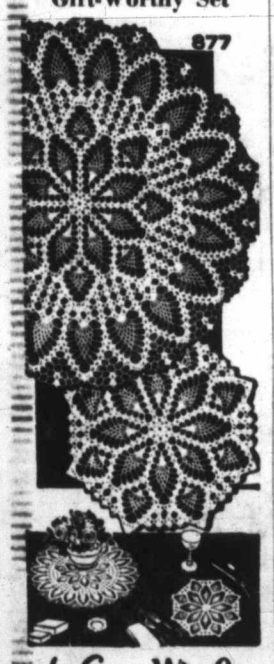
Are you carrying around more weight than you should? Are you beginning to get irritable, exhausted, and short of breath?

Then it's time to slow up in your work. Give up some of your ambitions. Tone down your aggressiveness. Stop inviting hypertension!

(All rights reserved. Adapted from the book "Live to Enjoy the Money You Make," by Lelord Kordel. Published by World.)

Tomorrow: The High Cost of Mind-Caused Tension—How you work, how you play, can affect your state of mind—your health, determine your life or death.

Gift-Worthy Set



by Laura Wheeler

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Mrs. Tony Robinson checks over the pages of the thesis which admitted her to the Association of B.C. Foresters, the first woman to be admitted, while five-year-old daughter, Kris, sits close by to watch. The preparation took her 500 hours to complete.—(Colonist photo.)

First Female B.C. Forester

Clever Victoria Woman Cracks Masculine Field

A Victoria woman, Mrs. Tony Robinson, has broken into another previously exclusive male field and become the first woman to be admitted to the Association of British Columbia Foresters.

A University of British Columbia graduate, Mrs. Robinson obtained her BSF in 1952, the first woman to receive the degree at UBC and the second in all of Canada.

B.C. FOREST SERVICE

Since then she has held positions with an engineering firm in Vancouver; an industrial concern in Salmon Arm, B.C., and for the past three years, has been with the B.C. Forest Service in Victoria.

A thesis on forest taxation and tenure which took Mrs. Robinson 500 hours to complete was accepted in December as part of the requirement for admission to the Association.

This in itself, while keeping a full time job is quite an accomplishment but Mrs. Robinson is the sort of person who seems able to pack a multitude of activities into her daily living.

Mother of a pretty, fair-haired daughter, Kristina, who was five years on Feb. 5, she finds time to make both her own and daughter's clothes; take an active part in the Snobird Ski Club and a Scottish country dancing group. The family also does quite a lot of swimming at the Crystal, too.

On the day her mother was interwiewed, young Kris, offered to play "The Grasshopper" on the piano while Mrs. Robinson was out of the room for a few minutes. And she did, both little hands doing their share. Who teaches the little girl—you hardly need ask—her mother, of course.

FIRST LOVE

And that is almost another story as Mrs. Robinson's first love was music and she intended to make a career for herself in the musical world. She attended the Bornoff School of Music in Winnipeg for many years studying the violin.

Explaining her switch from music, Mrs. Robinson says "I felt I had reached the ceiling and didn't have enough talent to be in the top bracket."

Her next thought was of taking up medicine but because of a curtailed enrolment at the University of Manitoba, this idea had to be abandoned. Out of the 600 applications only 90 were accepted the year Mrs. Robinson put in her bid.

NEXT ON LINE

The choice of forestry was next on the line. Just why she chose this hitherto strictly male field was for a variety of reasons. "I always liked math, chemistry and botany and then several of my mother's relatives in Finland were connected with the forestry so I was naturally interested," Mrs. Robinson tells you.

Right at the moment Mrs. Robinson is resting on her laurels as she left the Forestry Department at the end of the year.

Mr. Robinson is also a forester and is with the B.C. Forestry Department.

Birthday of Bride Also Wedding Day

Miss Barbara Joan Stewart was married on her birthday in St. John's Anglican Church.

Canon George Biddle officiated for the daughter of Mr. and Mrs. Robert J. Stewart, Langford Street, and Mr. Gus Lange, son of Mr. and Mrs. Axel O. Lange, Copenhagen, Denmark. Mr. and Mrs. P. Graydon stood proxy for the groom's parents.

Mr. Robert Stewart gave his daughter away. She was pretty in bouffant full-length gown of white lace and net, styled with Sabrina neckline and lily-point sleeves. Her veil, edged in lace was held in place by a juliet cap trimmed with pearls and she carried red roses and white carnations.

The bride had three attendants, Miss Sally Ferguson, Miss Joanne Stewart, her sister, and Mrs. Hilda Pearce.

Miss Stewart and Mrs. Pearce were dressed alike in cherry red velvet cut on princess lines with white feather bandeaux, white gloves and red shoes. The flower girl was dressed in a cherry red frock with puff sleeves, peter pan collar and full skirt. She wore a red bow in her fair hair and carried a miniature bouquet of white carnations to match those of the senior attendants.

Mr. William Cubbins was best man and ushers were Mr. Frank Addison and Mr. William Lees.

A cake made by the bride's grandmother centred the table at the reception held at Holyrood House.

PERSONAL MENTION

Dr. Angus McQueen, moderator of the United Church, will be guest of honor at a reception in the ladies' parlor of Metropolitan United Church on Sunday following evening service. Dr. McQueen will speak at the 100th anniversary services the same day. Hostesses are Mrs. F. E. H. James, Mrs. C. R. McGillivray and the Rev. Laura Butler. Others attending the reception will be ministers of the United Church, members of the church board and members of the anniversary planning committee and their wives.

Presiding at the refreshment table will be Mrs. Gerald Steick and Mrs. A. I. Higgins. Members of the Coronation Group of the Women's Association are in charge of arrangements. On Monday evening in Pendray Hall, there will be a congregation dessert party at which a cake with 100 candles will be cut.

* * *

Mrs. W. A. C. Bennett and party were among those who attended the performance of "The Matchmaker" by the Victoria Theatre Guild at Langham Court on Wednesday evening. Tonight Dean Brian and Mrs. Whitlow will be in the audience and the Hon. and Mrs. Eric Martin will take a party to see the show on Saturday.

* * *

Invitations have been issued for a reception following the symphony concert on Monday evening in honor of guest contralto, Maureen Forrester at the home of Mr. and Mrs. J. G. Nordal, 141 Gorge Road. In the receiving line with the host and hostess will be Mr. and Mrs. Jack Barraclough and Dr. and Mrs. J. Edmison. Mrs. W. C. Mearns and Mrs. E. D. B. Hawkshaw will pour and assisting with the serving will be Mrs. C. S. Bell, Mrs. W. J. Wellburn, Mrs. Mellis Mair, Mrs. Jack Gillespie, Mrs. W. Lund and Mrs. Howard MacKay. Mr. Dudley Wickket, director of the Meistersingers, Mrs. Wickett and members of the Meistersingers will be among the guests.

* * *

Daphne Elizabeth were the names bestowed on the baby daughter of Mr. and Mrs. Leo Strathold, 118 Maddock West, at a christening service performed by the Rev. P. W. Roberts in St. Paul's Garrison Church. Godparents were Mrs. David Walton, Miss Olga Strathold, the baby's aunt, who came from San Francisco for the event, and Mr. Michael Linley of Tahsis, B.C. After the ceremony a tea was held at the home of baby's parents. Both grandmothers, Mrs. C. Linley and Mrs. R. Strathold were present.

* * *

Mrs. O. Sherring, of Keating, left Monday by air to visit her parents in Bonn, Germany, for three months. While there she will celebrate with her parents, their golden wedding anniversary in late April.

* * *

Marriage vows were exchanged at a quiet ceremony on Saturday, Jan. 31, between Elizabeth Lydia (Beth) Crowe, Victoria, and Mr. Goldwin Benjamin (Goldie) Wheeler, Stayner, Ontario. A luncheon followed the ceremony. Mr. and Mrs. Wheeler left by car for a month's honeymoon in Florida. On their return they will make their home on Oak Street, Stayner, Ontario.

City Clubs

St. Davids' Women's Guild will meet on Tuesday at 2.30 p.m. at the home of Mrs. K. M. Lewis, Cordova Bay Road.

* * *

Princess Alexandra Lodge No. 18 Daughters of England will hold its annual banquet on Wednesday at 6 p.m. in the Orange Hall.

* * *

The Ladies' Auxiliary, Fraternal Order of Eagles, Victoria No. 12, will hold a Valentine Tea in the lower Eagles Hall, 751 View Street, on Saturday, Feb. 14, at 2.30 p.m. Proceeds will be used to aid the Queen Alexandra Solarium. Mrs. C. C. Warren will open the affair. Mrs. Ruby Duplain is general convener of the tea and there will also be home cooking and novelties for sale. A dance will be held in the evening in the Eagles Hall.

Aged, Lonely But Peaceful

OAKLAND, Calif. (UPI)—George Matthews, 94, asked the court to speed up his divorce.

"I want to live my last few years on earth in peace," he said.

Veteran Nurse Speaks Monday

Miss Lily Simpson, RN, director of nursing in Jobat Hospital, Central Provinces, India, under the Presbyterian Church Women's Missionary Society, will address an open meeting in St. Andrew's Presbyterian Church lecture room on Monday at 2.30 p.m. under the auspices of the Afternoon Auxiliary.

Miss Simpson has spent 31 years in the nursing service in India and is booked to return there in the fall.

Afternoon Branch

St. Saviour's Afternoon branch of the WA will meet in the Parish hall on Monday at 2 p.m.

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